



Fistral beach & Headland Hotel



A circular walk around Newquay and its beautiful coastline. Generally easy, but with some steps and steeper sections.

Exit the front of Newquay station and cross the road using the crossing. Turn left towards the Griffin Inn. Just before the pub, take the tram track on your right.

The Tram Track follows the line of an old horse-drawn tramway. It was built in 1849 to carry ore from East Wheal Rose mine to Newquay harbour. It ran from Trenance Viaduct to Fore Street, continuing to the harbour by tunnel.

Emerging back on to the main street, next choose either a scenic route with views of Towan beach (but including a descent and then ascent, both with steps) or a flatter route via the shopping streets.

Towan beach route

Take an immediate right into the Killacourt, walking towards the harbour in front of you. Go down the steps in front of the Walkabout pub. Exit through the car park on your left.

Cross over the road and go up the steps straight in front of you. The path immediately splits - take the left fork. Follow the path up hill, including two further sets of steps, until you arrive on Fore Street.

Turn right and continue to the Red Lion pub.

5.2 MILES | 2 HOURS

Line Atlantic Coast Line

Start/End Newquay station

Alternative route

From the tram track head right on to Bank Street. Continue until you reach the Central Inn, then turn right on to Fore Street. Continue for about 10 minutes until you get to the Red Lion pub.

The road opens out at a small roundabout with the Red Lion pub on your right. Walk down hill beside the pub on North Quay Hill, towards the harbour.

The path splits, with some blue railings in front of you. Take the left fork and peel off to the left. When you reach some steps on your left hand side, take these. At the top of the steps, take the right hand fork. At the top you will arrive at Huer's Hut.



- Suggested route
- ⋯ Alternative route





After admiring the views from Huer's Hut, take the track on the right hand side along the coast, with the Headland Hotel in front of you.

When you come to a wooden Coast Path sign, cross the road and re-join the path directly in front of you. The Headland Hotel will soon appear on your left. Continue straight on.

The path brings you out at a small roundabout with a dolphin sculpture. There are shops and eateries here, looking out over Fistral beach.

Walk towards the car park on your right. Just after the building you have two choices.

Either head down to walk along the beach (with steep steps up at the far end), or take the left hand path behind the red container. This takes you up into the dunes and along the back of the beach. This path has limited views initially but they open out as you reach the second half of the beach.

At the far end of the beach you will emerge on to a small open grassed area. Continue following the coast around to your right on Esplanade Road.

Continue straight on as Esplanade Road becomes a private road. The road becomes a rocky track - continue following this up and around to the left, revealing views of Lewinnick Lodge.

The track opens out on to a small road where there are toilets. Turn left, and left again following the residential Pentire Avenue, beginning your route back to the town centre.

As the road opens out to reveal views of Fistral beach once more, join the footpath accessed next to the bus stop.

The path soon curves off to the left. At the end of the path, continue ahead and cross the road immediately in front of you, following straight on down Crantock Street.

As you get to the cinema, again cross and continue downhill ahead of you. Continue straight on and carry on along Bank Street, which turns into East Street.

Keep to the left hand side of the street, which turns into Cliff Road and after a few minutes will take you back to the station.

Train times

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■ **03457 48 49 50**

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All public rights of way cross private land, so please keep to paths and keep dogs on leads. Occasionally work may mean diversions are put in place. If so, please follow local signs.

These directions are intended as a guide only. It is always advisable to carry the relevant OS Map whilst out walking.

